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Matt LaForge
VIEWS EDITOR
Metro | Toronto

You can't help but be proud.

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If you're the kind of Canadian predisposed to be charmed by these two beautiful, smiling heads of neighbouring states standing shoulder to shoulder, flanked by their beautiful, smiling families, alternately snapping on each other and bigging each other up while addressing the world's most consequential problems, then the 'Trudeaus' date with the Obamas might make you feel as if anything is possible. You only wish they could have more time together.

And if you're not that kind of Canadian, you're still a Canadian. You still want your country to be taken seriously. You still want it to have influence.

So, yes, for the first time, our political culture has produced a figure of such glamour and charisma that a U.S. administration sees advantage in debuting him into society. As others have pointed out, not even Pierre pulled that off.

But also, more important, the normal northward flow of political influence has reversed itself. The U.S. government is suddenly saying it's ready to learn from ours. And, as Canadians all across the political spectrum have long contended, there's a thing or two we could teach them.

More on Trudeau-Obama love-in, page 10



'I have never seen so many Americans excited about the visit of a Canadian prime minister' — Barack Obama

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Teen rolling against hunger

CHARITY

Gregor MacDonald to longboard around coast

Dylan Desroche
For Metro | Halifax

Longboarding 1,000 kilometres through rural France may not sound fun to everyone, but it's exactly how Gregor MacDonald spent a chunk of last summer.

Now, he's going on a even bigger journey, for a better cause.

The 19-year-old Halifax native is planning on spending the month of May longboarding around Nova Scotia's coast to raise money for Feed Nova Scotia, in what he calls a "push against hunger."

Despite only longboarding for the last two years, MacDonald spent last summer backpacking through Europe, and spontaneously decided to longboard through France to Spain instead of taking a train.

"I decided two and half weeks before I left that I would just skate to Spain," he said Thursday.

This time around, MacDonald is looking to make a difference. He has started a GoFundMe page, which has already raised close to \$500, with all of the donations going directly to Feed Nova Scotia.

During his trip through France, MacDonald had no planned route, no cellphone



Gregor MacDonald is planning on long boarding around the coast of Nova Scotia to raise money FEED Nova Scotia. JEFF HARPER/METRO

"I ran out of food and that really, really was not fun or okay, and that happens to people all the time in Nova Scotia."

Gregor MacDonald

and at some points, no food.

"I ran out of food and that really, really was not fun or OK, and that happens to people all the time in Nova Scotia."

"I basically did the France

trip for no reason, so I thought if I'm going to do this I should put the actual effort and actually do something."

He's going to be much more prepared this time, with a

planned route and a backpack full of supplies to camp out on the side of the road.

"I've got a crappy tent and a crappy sleeping bag," he said. "It'll get me through, but if someone wants to help out and give me some supplies, I'm all for it."

MacDonald is planning on funding the entire month-long journey himself, with money he has saved up through working two jobs.

He plans on going over 100 kilometres a day, but admits that's on flat ground.

"I like excitement, so I haven't looked at a topographical map or anything like that, but I know I've pushed 140 (kilometres) in a day."

MacDonald is planning on documenting his journey around the province on Instagram, @Gregor.Macdonald. If anyone wishes to support the cause they can do so at gofundme.com.

+ COMMUNITY

From food drives and fundraisers to provincewide journeys on a longboard, Nova Scotians are always looking out for each other.

Karen Theriault works with Feed Nova Scotia, an organization that works with 147 food banks across the province, providing food to those in need. They are lucky, she said Thursday, to be a part of such a caring community.

"I think that we're extremely fortunate for when people take the initiative to do drives or fundraisers on our behalf," said Theriault who serves as Feed Nova Scotia's director of development and communications. "Whatever that idea happens to be, it just demonstrates the passion and commitment people have," she said. "I think it's fantastic that it makes a difference."

Theriault's comments come after hearing of Gregor MacDonald's plans to longboard 2,000 kilometres around Nova Scotia's coast in support of the charity.

"People who are living in our community are struggling right now, so when foods and funds are raised through events like this, they not only help with physical nourishment but everything else that comes with that," she said.

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WEEKDAY
MORNINGS

'We want to give them a voice'

DALHOUSIE UNIVERSITY

Law students guide victims in the wake of discrimination



Haley Ryan
Metro | Halifax

Dalhousie University law students are helping others on campus deal with harassment and discrimination by giving them "a voice" in the complaint process.

The Student Advocacy Society (SAS) was formed this fall with 33 volunteer law students after an independent task force led by Constance Backhouse released a report on misogyny, sexism and homophobia in the dentistry school related to the 2014 Facebook group scandal.

"There's a lack of trust between students and university administration and student services, even before dentistry brought all this into the public eye," SAS founder and chair Kym Sweeney said Thursday.

"It was very important that it be students supporting students."

As of Monday, all volunteers will be trained in advocacy skills, anti-oppression and Dalhousie's student code of conduct and sexual harassment policies, Sweeney said, so they can fully inform students about their rights and options when they come to them with gender, sexual, racial or any other complaints.

Navigating formal or informal avenues can be intimidating, Sweeney said, so SAS acts as an advocate, building bridges between the complainant and service providers like the school's Office of Human Rights, Equity and Harassment Prevention or Dalhousie Se-



Kym Sweeney of the Student Advocacy Society says there is a lack of trust between students and university administration and student services. JEFF HARPER/METRO

curity.

Sweeney said security is moving towards a trauma-based approach and other improvements, which is "awesome" since they play a role in informal processes like escorting students to class, and working with them to ensure they can avoid who they're in conflict with.

The main issue isn't a lack of policies, Sweeney said, but the language they're written in seems inaccessible to many students.

"We want to give them a voice," Sweeney said.

Sweeney said it's important to note complaints can range from sexual assault, an international student experi-

+ WORKING WITH STUDENTS

University wants to hear about gaps: Spokesman

"Anyone can anonymously seek the advice and assistance of the advisers within that office," said spokesman Brian Leadbetter about the Office of Human Rights, Equity and Harassment Prevention.

The university is in the midst of a review of their sexual assault policy, which was part of the Backhouse

report, and other initiatives to improve access to mental health resources as well as consent culture have been rolled out, Leadbetter added.

"If there are any identified gaps then we certainly want to hear about that from those students and work ... with them," Leadbetter said.

An update on how Dalhousie is progressing with the recommendations is due this spring, he added.

encing racial discrimination, inappropriate comments from instructors, or other issues

people often assume are "not that big."

Although Sweeney said she

is proud of the work they've done, and feedback has been "overwhelming and positive," some staff may try their best, but Dalhousie on the whole hasn't done "as much as they could or should" in reacting to the Backhouse report.

"It's unfortunate that the burden to keep students safe and supported constantly seems to fall on students," Sweeney said, also referring to the student-run Sexual Assault & Harassment Phone Line.

As well as continuing to work with South House on some cases, Sweeney said SAS will merge with another law student advocacy group next year that deals with academic complaints, so students can

have one stop for any issue.

Those looking to meet with a SAS member can email studentadvocacysociety@gmail.com or go to the South House on Seymour Street.

Dalhousie is committed to providing a campus free from discrimination and harassment but applauds any efforts for students to support one another, says a university spokesman.

When asked about the Student Advocacy Society being created to fill a perceived gap in the complaints process, Brian Leadbetter said they want to hear from anyone who has suggestions on how the process can be improved, and have the right services in place to help.



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Inside Saint Patrick's Church. JEFF HARPER/METRO FILE

SAINT PATRICK'S

Heritage designation unwanted by church

The local Roman Catholic archdiocese is "disappointed" by Halifax regional council's designation of Saint Patrick's Church on Brunswick Street as a heritage property.

Council voted during its Tuesday meeting to give the building heritage staff, something municipal staff said corrects a 1983 clerical error that gave the designation to the wrong building.

A representative of the archdiocese spoke against staff's recommendation Tuesday, arguing the building was in a state of disrepair, and the archdiocese

couldn't afford to fix it.

"Professional engineering consultants have stated that the property is unsafe and affirm that millions of dollars are required to make the building structurally sound and safe for people to gather and worship," says a release from the archdiocese sent out Thursday.

"Giving the church building heritage status hinders and does not help in preserving the building."

The archdiocese argues in the release that the designation will not help raise money for repairs. ZANE WOODFORD/METRO

Nova Centre design meeting put on hold

DOWNTOWN REPORT

Lack of agenda items leads to cancellation



Zane Woodford
Metro | Halifax

The municipality cancelled a meeting of its design review committee that was to receive a report on changes to a downtown Halifax development, because of a lack of agenda items.

Aside from some correspondence, there were only two items on the agenda for the meeting scheduled for Thursday afternoon: An information report requesting an amendment to the Nova Centre's substantial site plan approval; and a verbal update on a new plan for downtown Halifax.

"From what I understand, there was more required for them to bring that forward," spokeswoman Tiffany Chase

said Thursday, referring to downtown plan.

According to the information report that was also to come forward, Joe Ramia, the owner of the company developing the Nova Centre, is asking to make changes to "some elements of the exterior design of the building, particularly with regard to the Market Street elevation and the exterior materials of the base of the building and the tower at the corner of Sackville and Market streets."

"They'll have their next meeting next month, and likely it will be on the agenda again," Chase said. That meeting will be held April 14.

Ramia told Metro on Monday that the changes are minor, but they will still require public notification and approval from the committee.

The municipality said Monday it was unaware of the specific changes Ramia would be asking for, as they had yet to be finalized.



Work on Nova Centre on Monday. JEFF HARPER/METRO

+ MEDIA INTEREST

Typically a cancellation of this kind wouldn't warrant a news release from the municipality, but Tiffany Chase said given the media interest in the Nova Centre

report, one was sent out. "We just didn't want a bunch of people showing up and not knowing the meeting was cancelled," she said.

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Kevin Farren CONTRIBUTED

No progress in homicide

POLICE

Investigation into 2012 death stalled in past year, police say



Zane Woodford
Metro | Halifax

Four years after his death, Halifax police say they're still investigating the murder of Kevin Farren.

Police found the 61-year-old Waverley man dead at 56 Havenbrook Hill in Portland Hills at 2:26 a.m. on Mar. 9, 2012, and ruled his death a homicide.

"My brother was such a quiet, kind person, it's just hard to wrap your head around how his life could ever have ended in such a violent way," Faith Brennan, one of Farren's sisters, told Metro on the one-year anniversary of the killing.

Farren was an accountant, working in the home office of

his employer while the homeowner was out of town.

Two people were arrested after the murder, and released without charges. There have been no arrests since.

Halifax police spokeswoman Const. Dianne Woodworth said Thursday there have been no developments in the case over the past year.

Police have said there's no evidence to suggest the murder was the result of a home invasion, and they're unsure whether the incident was a random act.

"If anybody does have any information, we're hoping they come forward, which is often times how these cases get solved," said Woodworth.

\$150K

The case has been added to the province's major unsolved crimes program. The reward for providing information that leads to a conviction is \$150,000.

AIRPORT THREAT

'Person of interest' interviewed by police

Halifax police say they're interviewing a "person of interest" after a "potential threat involving an individual with connections to the Halifax Stanfield International Airport community" Thursday morning.

Police say they received "third-hand information" early Thursday morning about a potential unspecified threat,

and notified RCMP, who then ramped up their presence around the airport.

They say they detained a 48-year-old Dartmouth man for questioning, and they're still trying to determine whether the threat was valid.

Police say operations at the airport were unaffected.

ZANE WOODFORD/METRO

IN BRIEF

Man faces drug charges after RCMP recover pot, ecstasy from home

A Nova Scotia man is facing possession and trafficking charges after police found MDMA (ecstasy) and marijuana in his home.

A news release from RCMP says they executed a search warrant at the 37-year-old man's home in Clark's Harbour in Shelburne County on

Tuesday.

It said they found 55 capsules of MDMA, "a large quantity of powder believed to contain MDMA," along with some marijuana and cash.

He was released and will appear in court in June to face charges of trafficking a controlled substance and possession for the purpose of trafficking.

METRO

Police seize stash of drugs, stolen property from Cape Breton home; pair charged

Police in Nova Scotia have charged two people after finding multiple drugs at a home in Cape Breton.

A release from RCMP says 44-year-old Walter Hinkley and 33-year-old Crystal Timmons, both of Port Hawkesbury, are facing drug trafficking charges after police executed a search warrant

last Friday.

Police say they found undisclosed amounts of cocaine, oxycodone, hydromorphone and marijuana.

Hinkley and Timmons are due in court in April to face charges including trafficking cocaine, trafficking hydromorphone and possession of stolen property under \$5,000.

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Premier demands Ottawa stay course

SHIPBUILDING

Quebec yard's icebreaker bid out of line, says McNeil

Nova Scotia's premier waded into the looming battle over the future of the national shipbuilding program on Thursday, saying he expects Ottawa to honour its multibillion-dollar commitments to the province.

Stephen McNeil reacted to news that Chantier Davie Canada Inc. had last month submitted an unsolicited bid to the Trudeau government, offering to deliver six icebreakers and support ships to the coast guard faster and cheaper than what's already planned under existing federal strategy.

Details were contained in a series of documents leaked to The Canadian Press on Wednesday.

The Quebec-based yard also kicked it up a notch when it was revealed Thursday that Davie also dropped a second unsolicited bid on the federal government to build a heavy icebreaker from scratch.

Both proposals undercut Vancouver-based Seaspan shipyards, which won the right to construct all federal civilian ships five years ago. Nova Scotia-based Irving Shipbuilding was the winner for the exclusive right to build warships for the navy.



Premier Stephen McNeil JEFF HARPER/METRO

McNeil was startled to hear about the developments following Thursday's provincial cabinet meeting, and launched into a defence of the program.

"It seems odd to me," said McNeil. "That work has been committed to other yards ... and I as the premier of Nova Scotia expect the national government to keep its commitment made to the shipyard here in Nova Scotia."

Although the report appears to be of immediate concern to the

Vancouver yard, McNeil warned against any moves that would jeopardize the work given to Halifax-based Irving.

McNeil was asked whether Ottawa should make it clear that there are existing commitments to two yards under the strategy.

"I would say they should, but we will see what they do," he said.

McNeil said he would seek clarification from the federal government on what the Davie bid means. THE CANADIAN PRESS

EDUCATION

One-room school to remain open

One of Canada's last one-room schools has won a reprieve and will stay open for its remaining two students.

The Nova Scotia board that oversees the school on Big Tancook Island voted Wednesday on whether it should be closed.

Jennifer Naugler, chairwoman of the South Shore Regional School Board, said the board members split the vote four-four, effectively killing the motion to shutter it.

Parents on the picturesque island off Nova Scotia's south coast had pleaded with the board to keep their little elementary school open, arguing it was a central fixture in the community.

Hillary Dionne, who lives on Big Tancook and was at the meeting, said residents cheered when the vote results were announced.

"Everybody was very emotional and everybody was on the edge of their seats," she said from her home on the island.

"The little school is so much more than just a school — it's the heart of our community. This is a small isolated island and having the school open allows our community to grow."

The school, which was built in 1949, is accessible only by ferry from the vacation town of Chester, and Dionne says closing it could drive resi-

+ ISLAND LIVING

The school's website said Big Tancook Island is the largest of 365 islands in Mahone Bay. It has a post office and a few other businesses, but has no store, said resident Hillary Dionne.

dents away and deter others from joining the community of about 100 people.

She argued as well that if there is poor weather or a mechanical issue with the ferry, young children could be stuck on the mainland.

There was only one student registered to attend the primary-to-Grade-5 school in September, but a family that is moving to the island recently registered another child.

Dionne, a 45-year-old mother of two kids who attended the school, was part of a committee struck to examine the future of Big Tancook Elementary School that urged the board to keep the facility open.

She said there are also safety concerns about sending small children on a daily 50-minute ferry ride, which would extend the length of their school day by as much as four hours because of the ferry schedule.

THE CANADIAN PRESS

"The little school is so much more than just a school — it's the heart of our community. Hillary Dionne

+ RESPONSE

A spokesman for the federal procurement department wouldn't confirm receipt of the Davie proposal on Wednesday, but said no request for proposals for additional ships had been issued.

FISHERIES

Lobster handlers to go back to school

Nova Scotia's fisheries minister says the province is introducing a mandatory course on lobster handling for people who buy for suppliers.

Keith Colwell says the move is intended to improve the quality of lobster that is sold on world markets.

Colwell says the details of

the 3.5-hour course are still being finalized, but he says the cost will be well under \$100 for those required to take it.

He says there's no overall estimate for how much money has been lost due to the mishandling of lobsters.

THE CANADIAN PRESS

EXPORTS

Value of Nova Scotian seafood rising

The value of Nova Scotia's seafood exports is on the rise. Export Development Canada says the province's exports hit \$1.68 billion last year — a 33 per cent increase over 2014.

The province says part of that is due to increased promotion of the products in Asia and other international markets.

THE CANADIAN PRESS

+ WASTAGE

Colwell says the amount lost provincially varies by region and ranges anywhere from two to three per cent of the total catch to somewhere in the "low double digits."

2017

The plan is to have buyers take the course this spring and it will be a condition of their licence beginning in 2017.

\$1.68 billion

The worth of Nova Scotia products exported to China last year, up 33 per cent over the previous year.

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POLITICS

Justin's appeal a benefit to coalitions

Matt Laforge
Metro | Toronto

If you're the kind of Canadian who believes ardently in the Trudeau government and the policy agenda it represents then your hopes for the aftermath of the Obama love-in are sky high. You want to believe that the prime minister's international celebrity is built to last; that all of this really does mean that "Canada is back."

And if you're not that kind of Canadian you still have to acknowledge that all this means something.

First, the fact that the U.S. Democratic party has attached itself to Trudeauism means that the party sees the prime minister as capable of uniting coalitions and punching above the weight of his small country.

Suddenly the job of being Trudeau's political opponent here at home just got a lot more complicated. If taking the Liberal government to task on ISIL or on the budget was already coming at the cost of looking like the last person to get with the times and enjoy the party, now doing so also amounts to a repudiation of a U.S. president who may be a lame duck but who is still very popular in Canada and whose ally and heir-apparent, Clinton, is still the favourite to become the next president.

'About time, eh?': Obama

INTERNATIONAL RELATIONS

U.S. delights in first official visit by a PM in nearly 20 years

A warm moment in Canada-U.S. relations unfolded on the White House lawn Thursday — one marked by big fanfare and a plan to see President Barack Obama address Canada's Parliament before he leaves office.

The day began with an elaborate bit of bilateral cinematography: a military brass band, a cannon salute and hundreds of flag-waving onlookers greeting Prime Minister Justin Trudeau,

in town for the first state dinner involving a Canadian in 19 years.

"We are very proud to welcome the first official visit by a Canadian prime minister in nearly 20 years. About time, eh?" Obama said.

"We have a common outlook on the world, and I have to say I have never seen so many Americans excited about the visit of a Canadian prime minister."

Indeed, the two leaders went out of their way to project amity: Trudeau described the president as "My friend" and "Barack." Obama said people were inspired by his message of hope and change.

The substance of the visit contained no major surprises.

The leaders agreed to move

forward with a customs pre-clearance experiment that could revolutionize the Canadian border. They agreed to curb methane emissions as part of a wide-ranging plan on climate change and Arctic protection. And they expressed optimism that a com-



From my perspective, what's not to like?

Obama on Trudeau

promise could soon stave off a new round in the ongoing softwood lumber war.

The biggest news out of the event that American media

will certainly seize on was the president's extended riff on the rise of Donald Trump.

American reporters had been trying to draw Trudeau into commenting on the U.S. election and he avoided getting involved.

Obama showed no such compunction, ridiculing Republicans while also echoing Trudeau's message from the night before: that the solution to the challenges of globalization is openness, not isolation — a jab at the election talk of expelling Mexican migrants, banning Muslim travel and ripping up trade deals.

Obama said he would to speak to Parliament in June, the first such event featuring a president since the 1990s.

THE CANADIAN PRESS

Canadian Prime Minister Justin Trudeau was welcomed to the White House on Thursday by President Barack Obama.

1 The Obamas and Trudeau pose for a photo at the North Portico of the White House as they arrive for a State Dinner.

AFP/GETTY IMAGES

2 Trudeau and Obama stand for the playing of national anthems during an arrival ceremony on the South Lawn of the White House in Washington.

THE CANADIAN PRESS

3 Later, the duo held a bilateral meeting in the Oval Office of the White House.

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Habitat set for upgrade

JAPAN

Zoo pledges to improve living conditions for elephant, 69

For 40 minutes each day at a zoo in Tokyo, Japan's oldest elephant transforms from a bored, zombie-like state to flapping her ears and making huffing sounds, says a Vancouver woman who led a global campaign to improve the animal's welfare.

Hanako becomes animated when her keepers visit the 69-year-old elephant to feed her by hand, brush her with a rake and clean her feet.

"Those were sounds of great pleasure she was emitting. It was anticipatory. She was excited," said Ulara Nakagawa, 35, in an interview from Tokyo.

"At first we thought it was the food, but it turns out it was the time she gets to spend with the keepers. She loves them."

Nakagawa spearheaded a review of the elephant's treatment at the Inokashira Park Zoo after an online petition was inspired

by a blog post she wrote describing Hanako's "concrete prison." More than 400,000 signatures were collected and \$29,000 US crowdfunded for the expert to join her in Japan.

Many online supporters were hopeful the zoo would agree to relocate Hanako to a sanctuary in Thailand.

But elephant behaviour consultant Carol Buckley determined the zoo has taken good care of Hanako and a move would prove far too risky for her health.

"Knowing what I know now, I know it would just destroy her," Nakagawa said.

The campaign will continue fundraising to help the zoo make habitat improvements, Nakagawa said, who will monitor its progress. There are many more elephants worldwide that should not be kept in captivity, she said.

"That's the lesson," Nakagawa said. "We don't want animals to have to get to this stage where they have to essentially cope to survive. They should be flourishing with their families. What she experiences 40 minutes a day she should be living her entire life." THE CANADIAN PRESS



Carol Buckley, an international leader in the care and trauma recovery of elephants, left, observes Hanako the elephant at his enclosure at Inokashira Park Zoo in Tokyo. THE CANADIAN PRESS

HOMELESSNESS POLICY

1-way bus trip out of Sask.: Men

Jason Stennes says he knows what it's like to be down on his luck with nowhere to turn, so he wants to offer jobs to a pair of homeless men who say they were given one-way bus tickets to B.C. from Saskatchewan.

"We've got to take care of each other ... and if I'm able to help out I will," Stennes, a 43-year-old high school dropout who is now owner and CEO of 360 Cranes Services, said Thursday.

Charles Neil-Curly, 23, and Jeremy Roy, 21, had been living at a homeless shelter in North Battleford, Sask., but Neil-Curly said a funding cut meant he had to find somewhere else to go.

Neil-Curly said he asked for a ticket to B.C. and was later on a bus with Roy, his friend from the shelter.

Workers from a local shelter were on hand to welcome them at the Vancouver bus station when they arrived Wednesday.

Saskatchewan's Social Services Minister Donna Harpauer said the province would look into revising policies around sending homeless people out of province if re-elected. THE CANADIAN PRESS

BRITISH COLUMBIA

'I still feel like she's going to wake up'

Thandi Fletcher
Metro | Vancouver

A Surrey mother whose toddler died the same day she gave birth to a new baby says she feels like she's living a nightmare and can't wake up.

March 3 started out as a typical Thursday for Megan Carbonetto.

After seeing her husband Angel Rivera off to work, she returned home and brewed a fresh pot of coffee. Around 7 a.m., she went to wake her three daughters — Sian, 7, Abigail, 5, and 14-month-old Sarah — to get ready for school.

That's when the horror began.

No matter how hard she tried to wake up her youngest, who was tucked between her two sisters in bed, the toddler wouldn't open her eyes.

"She just looked like she was sleeping, but she wasn't waking up," a tearful Carbonetto told Metro. "I screamed bloody murder."

The next few moments were a blur. Carbonetto said she remembers her mother-in-law and sister-in-law, who live with her family, running into the room and grabbing Sarah from her.

After calling 911, her sister-in-law then performed CPR on



Baby Zipporah was born in Surrey on March 3, the same day her one-year-old sister Sarah died of unknown causes.

COURTESY MEGAN CARBONETTO

her lifeless body until paramedics arrived and took over, transporting her to hospital.

But their efforts were futile.

The coroner later told Carbonetto that Sarah had likely already died sometime during the night. The cause of death was unknown.

"She just looked like she was asleep," she said again, her voice breaking with emotion. "I still feel like she's ... going to wake up. That it's just a nightmare."

But the nightmare wasn't over yet. While talking to RCMP officers the same day, Carbonetto, who was 33 weeks pregnant, said the stress sent her into early labour.

Around 9 p.m., she gave birth to a baby girl.

Born six weeks premature, the baby, who she named Zipporah, is expected to spend another two weeks in the neonatal intensive care unit, but seems to be doing well.

Although she is still struggling, Carbonetto said she wanted to speak out about her loss to raise awareness about sudden unexplained death in childhood, or SUDC.

While knowing there was nothing she could do to save Sarah does bring some peace of mind, Carbonetto said she will always miss her daughter.

"She was so perfect," she said, adding that her toddler loved to surprise her with kisses. "She never cried. She was just so sweet."

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FLORIDA

Gun fan shot in the back

A northeast Florida woman whose four-year-old son accidentally shot her in the back while they were travelling in her pickup is apparently a gun lover who made numerous social media posts about gun rights.

A community Facebook page listed under Jamie Gilt for Gun Sense was filled with posts advocating for gun rights. One quote says "My right to protect my child with my gun trumps your fear of my gun."

The Associated Press was unable to verify whether the page, which has since been taken down, belonged to Gilt. A person who answered the phone at her house on Thursday morning declined to comment.

Putnam County Sheriff's investigators were trying to determine how the boy got his hands on the gun they say he used to shoot his mother.

Jamie Gilt, 31, of Jacksonville owns the .45-calibre gun the boy fired on Tuesday afternoon, Putnam County Sheriff's Office spokesman Joseph Wells said.

Wells said a deputy saw her behaving frantically inside the truck, which was stopped partially in the road. The deputy then saw she'd been shot in the back and the bullet had exited from her stomach area.

Gilt told deputies her son had accidentally shot her. She was taken to a hospital and was in stable condition, but investigators had not been able to interview her, Wells said.

THE ASSOCIATED PRESS

IN BRIEF

Snickers go up in smoke in Palestine after recall

Fifteen tonnes of Snickers bars have met a sticky end in Gaza. Hamas authorities hurled boxes of the peanut chocolate candy bar into a bomb crater Thursday, dousing them with diesel and lighting them in a crackling bonfire following a company recall.

Mars recalled sweets from its Netherlands factory last month after "a small piece of red plastic" was found in a Snickers bar. THE ASSOCIATED PRESS

U.S. military employees contract Zika virus

The top U.S. military commander for South America says two U.S. military members were diagnosed with the Zika virus, but have recovered and are back on duty.

THE ASSOCIATED PRESS

Obama: Republicans are reaping what they sowed

UNITED STATES

GOP 'crackup' down to years of rhetoric, says president

Years of Republican hardline politics and divisive rhetoric have spawned Donald Trump and the "crackup" of the GOP, U.S. President Barack Obama said Thursday, scoffing at the notion that his actions or policies were to blame for the charged political climate.

At a Rose Garden press con-

ference, Obama laid the responsibility on Republican leaders, who tolerated "maximalist," uncompromising politics and created an environment where "somebody like Donald Trump can thrive."

Obama appeared primed to get his thoughts off his chest, noting he's repeatedly been asked whether he accepts blame for the climate. He finds that idea "novel," he said.

"What I'm not going to do is to validate some notion that the Republican crackup that's been taking place is a consequence of actions that I've taken," he said. "I don't

think I was the one to prompt questions about my birth certificate, for example. I don't remember saying, 'Hey, why don't you ask me about that?'"

The president argued that Trump, the billionaire front-runner for the GOP nomination, is not an outlier. He said Trump's policies, particularly on immigration, are not so different from proposals of rivals Marco Rubio and Ted Cruz.

As Obama spoke at the White House, GOP candidates were preparing for Thursday's debate in Miami and high-stakes elections in Florida and Ohio next Tuesday. Meanwhile,

anxious Republican officials were coming to terms with the idea that Cruz — their second-least-favourite GOP presidential candidate — may be the only chance to stop Trump's march.

Trump renewed his vigorous criticism of Texas Sen. Cruz, casting the rival he calls "Lying Ted" as too polarizing to break the Washington gridlock or win a general election.

"The problem with Ted is that he'll never get anything done," Trump told CNBC.

"And the bigger problem is that it's impossible for him to get elected."

THE ASSOCIATED PRESS



U.S. President Barack Obama.

AFP/GETTY IMAGES



A Syrian father and two of his children get warm by a fire between train tracks at the Greek-Macedonian border near the Greek village of Idomeni. AFP/GETTY IMAGES



Conditions in the camp on the Greek-Macedonian border deteriorated after heavy rains. VISAR KRYEJUI/THE ASSOCIATED PRESS

REFUGEE CRISIS

Camp conditions worsen as migrant trail closes

Desperate migrants and refugees piled up Thursday in fetid fields of mud at a closed border crossing as officials warned that a well-trodden route to Europe used by hundreds of thousands in the past year was no longer available.

With the closure of the migrant trail through the Balkans from Greece to more prosperous countries, concern also mounted that people desperate for sanctuary or jobs in Europe are already turning to smugglers to find other pathways.

Government ministers and experts say that Albania, Hun-

gary, Bulgaria and Romania could become alternate tracks, and officials in Spain are in contact with Algeria and Morocco to try to stop new routes from opening there.

At the same time, the flow continued to the Greek islands by boat from Turkey, either by those who have not heard the Greece-Macedonia crossings are no longer open, or by others who hope the closure is temporary.

Some didn't make it. Turkey's state-run Anadolu news agency said five people, including a 3-month-old, drowned

1 million

Number of people that have come to Europe in the past year, most by boat from Turkey to Greece.

when their speedboat sank Thursday off Turkey's western coast en route to the Greek island of Lesbos. Nine people were rescued from the boat, which was carrying Afghans and Iranians, the agency said.

Nearly 42,000 people are

stranded in Greece, including 14,000 camped in the mud near the Idomeni crossing with Macedonia. Nearly three days of rain finally ended, but that did little to lift the misery for those staying in donated pup tents in nearby fields and along railway tracks.

Long lines formed for sandwiches, tea and soup at the Idomeni camp, which long ago surpassed its capacity. Others warmed themselves at fires using what dry wood they could find, or they poured oil on sodden logs to get them to burn.

The fields have grown increasingly fetid, with pools of water and deep mud that sucks the shoes off children. People dragged their muddy tents to new locations, looking for a dry patch of ground.

Some people gave up and boarded buses for refugee camps in and around Athens.

"May God take his revenge on them — everyone who did this to us — from whatever country they come from," said Raife al-Baltaji, a Syrian from near Aleppo, as she waited for a bus with her family.

THE ASSOCIATED PRESS

Meat – animals not required

FOOD

Henless eggs, cowless milk, pigless pork in five years

The future of food may be the stuff of dreams for those vegans and vegetarians secretly pining for a bacon cheeseburger washed down with a creamy milkshake.

Science is poised to alleviate the guilt associated with such feasts by changing how meat, milk and other animal products arrive on dinner plates, with some companies aiming to almost eliminate the need for hens, cows and other animals in the food-supply chain.

Henless egg whites, cowless milk and practically pigless meat are projected to appear in grocery stores as early as five years from now via cultured food, in an effort to reduce factory farming.

"Animal culture right now is extremely detrimental to animals, human health and the environment," said Isha Datar, CEO of New Harvest, a



Professor Mark Post of Maastricht University in the Netherlands unveils a burger made from cultured beef. By changing how animal products arrive on dinner plates, companies are aiming to eliminate the need for hens, cows and other animals in the food-supply chain. GETTY IMAGES

non-profit U.S. research organization that's funding this type of innovation.

Animals often suffer in factory farm conditions, humans can be exposed to viral outbreaks like swine flu from farm

animals and an abundance of land and water is required to produce a comparatively small amount of meat, the company points out in a takedown of the farming status quo on its website.

"We need to start thinking about ways in which we can decrease our dependency on it," Datar said.

The solution as New Harvest sees it? Cellular agriculture or, more simply put: harvesting the

+ CULTURED FOOD

Beef hamburger

One group of researchers made a cultured beef hamburger by extracting muscle tissue from a cow. That hamburger cost \$475,000 to create. One piece of muscle tissue can create more than one trillion strands of replica muscle tissue. Those are layered to create beef.

Egg white

Clara Foods is attempting to create a hen-free egg white that CEO Arturo Elizondo says has lots of protein with virtually no fat, cholesterol or carbs.

animal products many humans drool over from cell cultures rather than whole animals.

Some, like milk, can be made using microbes, like yeast or bacteria — no animals required. Others, like beef, can be grown using living or previously living cells from animals.

THE CANADIAN PRESS

Facebook case in top court

The Supreme Court of Canada has agreed to hear an appeal in a case which pits a British Columbia woman against social media giant Facebook.

Deborah Louise Douez sought to file a class action against Facebook over its so-called sponsored stories.

When a Facebook member presses the "Like" button on a post associated with an entity that has purchased the sponsored stories service, an ad with the member's name and portrait was sometimes displayed on the newsfeeds of that member's friends.

Douez called that a violation of the Privacy Act because she was not notified about the ad.

The B.C. Supreme Court approved the suit, but the provincial Court of Appeal stayed the case because Facebook's terms of use specify that any such actions must be heard in California, where it has its headquarters. As usual, the Supreme Court gave no reasons for agreeing to hear the appeal.

THE CANADIAN PRESS

RRSP CONTRIBUTIONS

Blowing tax refund not good idea: Expert

You might be feeling pretty good about that contribution to the RRSP account and may be daydreaming a little about how you're going to spend the tax refund. But investment experts say people should think twice before blowing that cheque from the government on a new television or a quick weekend getaway.

Larry Moser, divisional manager for BMO Investorline, said people need a strategy for the money, whether it is investing it or paying down debt.

When making an RRSP contribution, people aren't avoiding tax on their contributions, they're only delaying it. The advantage comes from the tax sheltered growth and it is likely people will be in a lower tax bracket in retirement when they withdraw the money than when they earned it.

However, advisers say people need to remember that they will pay tax on the money when it is withdrawn. That means \$100 in an RRSP does not necessarily mean \$100 in

33%

The percentage of Canadians in a poll done for BMO who expect to save or invest a tax refund. Other top uses: paying down a mortgage (16 per cent), home renovations (14 per cent) and travel or leisure (13 per cent).

your pocket when you take the money out of the account in retirement.

Personal finance author Talbot Stevens says investors need to understand the difference between before-tax and after-tax dollars when it comes to their RRSP accounts.

Stevens, author of the Smart Debt Coach.

Stevens recommends people invest their tax refund and more to help make up the difference, suggesting that Canadians need to top up their RRSP contributions by 25 per cent to 100 per cent.

THE CANADIAN PRESS

RECALL

Glass bits found in Delissio frozen pizzas

Two batches of Delissio's frozen pizza are being recalled because they may contain bits of glass. Nestle says the glass may be from spinach that was a common ingredient.

Nestle Canada says it's recalling one batch of Vintage Tuscan Style Chicken pizza and one batch of thin-crust pizza with tomato and spinach, both under the Delissio brand name.

THE CANADIAN PRESS

market minute



DOLLAR

74.93¢ (-0.54¢)

TSX 13,379.14 (-13.76)

OIL \$37.84 US (-45¢)

GOLD \$1,272.80 US (+\$15.40)

NATURAL GAS: \$1.788 US (+3.6¢)
DOW JONES: 16,995.13 (-5.23)

NEWS
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NOT SO FRESH
The oldest pine fossil ever found — from 140 million years ago, when dinosaurs dominated — has been dug up in a Nova Scotia quarry.

DECODED Global health convergence

CAN SCIENCE SAVE 10 MILLION LIVES?

Climb into your time machine. Step out in 2035. Picture this: The major causes of preventable death among the world's poor have been knocked down by 90 to 95 per cent. A group of experts has published a plan to do exactly that in a collection of papers out this month from the Public Library of Science. The cost? **\$70 billion** per year. The return? A little more than **10 million lives** saved annually. That's assuming, with the world's largest dose of elbow grease, the best health successes of the recent past can be repeated everywhere. It's the longest of long shots. **Here's how it could be done.**

CARE FOR MOMS & KIDS

Giving birth is dangerous business. Being a newborn is even riskier. If every new and expectant mother and every child under five had access to adequate medical care by 2035, **7.5 million** lives could be saved per year.

WHAT IT WILL TAKE

Child mortality is way down, but a major scaling-up of basic lifesaving tools is still needed. Every kid needs their essential vaccines, access to re-hydration treatment for diarrhea — a huge killer — and bed nets if malaria is a risk. Women need reliable family planning and a skilled doctor or midwife with them when they give birth.

"(There are) no quick fixes. Lowering maternal and newborn mortality ... requires a functioning health-care system."

— Ann Montgomery, Canadian midwife practicing in the Democratic Republic of Congo

TAP INTO TECH

Researchers found, crucially, that an enormous investment in current tools and technologies would achieve **two-thirds of the improvement** needed to reach the goal of saving 10 million lives by 2035. Beyond that is where the dreaming part comes in.

WHAT IT WILL TAKE

The highlights of the global-health wish list: Excellent vaccines for TB and HIV; a one-pill cure for malaria; rapid, simple tests for deadly pregnancy complications. Currently, just one to three per cent of health research money is devoted to the five biggest killers of poor people. That will have to change.

CONTROL INFECTIOUS DISEASES

Humanity's greatest enemies are also its tiniest: HIV/AIDS, malaria, tuberculosis and neglected tropical diseases. With a massive treatment and prevention effort, by 2035, **1.8 million** adult deaths from HIV/AIDS and **970,000** from TB could be prevented every year.

WHAT IT WILL TAKE

Get anti-retroviral drugs to people with HIV/AIDS who need them, diagnose TB early and improve access to antibiotics and educate the public about how diseases spread. Medicate people en masse who live in areas with rampant, treatable tropical diseases like hookworm.

STRENGTHEN HEALTH SYSTEMS

In the words of public-health guru Peter Hotez, "New tools will not deliver themselves." Strong health-care systems are the final piece of the puzzle.

WHAT IT WILL TAKE

This is where an emerging area of research comes in: The science of scaling up and delivering health services. In just one example, this kind of research in Mexico led to a system where mothers were paid cash to come to vaccination, family planning and nutrition clinics. The result was a reduction in the number of kids with stunted growth.

FINDINGS

The week in science

Fertile research

British scientists have learned that many women who suffer recurring miscarriages — a long-time medical mystery — have too few stem cells in the lining of their wombs. (Such cells help rebuild the lining every month into a cushy place for an embryo). A simple fix could help some women: "Scratching" the inside of the womb, with a thin bit of plastic inserted through the cervix, to stimulate healing and cell regeneration.

Thank goo we're here

Are you a simple, single-celled bacterium? Are you algae? No? You have your ancestral protein-kinase-encoding gene to thank. Researchers at the University of British Columbia believe they've identified the gene, shared by all complex living things, that first allowed for the evolution of multicellular life forms — plants, animals, and eventually, us. The gene is a blueprint for molecules called protein kinases, which help cells co-ordinate with one another. It arose because of changes to DNA that happened about a billion years ago in a primordial pool of pond scum.

SOUND SMART

LAMBDA COLD DARK MATTER MODEL

It's the underlying concept that explains this: Out in space, when a small blob of dark matter collides with a mini "dwarf" galaxy, the massive exertion of gravity creates a cataclysm of dust and gas that triggers a starburst — the birth of many stars at once.

PHILOSOPHER CAT

by Jason Logan



Citizen Scientist

Can I starve cancer with a strict diet?

QUESTION
I read that the ketogenic diet fights cancer. A cure in plain sight? — Amit, Vancouver

Dear Amit,

Cancer sucks. I wish there were an all-purpose cure.

Cancer cells use tons of glucose to grow and divide and your body makes glucose from carbs you eat. So it follows the ketogenic diet (KD) — uber-

low-carb, high fat, high protein — could impede cancer. In other words, the process of how it works (the mechanism) is logically plausible.

That's what makes it different from something like, say, crystal healing. Even if you feel better after, the fact that someone balanced a quartz on your head or whatever is likely not why: The proposed mechanism (manipulation of energy

currents) is bonkers.

Reviews of the research show KD is associated with increased survival and reduced tumour growth. But nearly all studies looked at cancer in lab mice. Reliable evidence of its efficacy in people doesn't exist yet. So it's definitely not a substitute for cancer treatment.

Though human clinical trials are in the works, I found only a smattering of published

studies. A 2011 paper looked at 16 adults with advanced cancer (too few to draw general conclusions). On KD, six patients had reduced symptoms. Two died. And the rest decided to quit before the three-month study was over. No surprise: Many cancer patients, owing to the "wanting to barf 24/7" thing, can't face food, period, let alone KD's menu of avocados, bacon, olive oil and all.



Genna Buck
@genna_buck





Mary Elizabeth Winstead plays a young woman trapped in a bunker with a sinister survivalist (played by John Goodman) in *10 Cloverfield Lane*. CONTRIBUTED

Our obsession with doomsday

END OF THE WORLD

10 Cloverfield Lane is the latest film that plays on anxiety

Richard Crouse
For Metro Canada



Los Angeles is a sun-dappled utopia with a Mediterranean climate, palm trees as far as the eye can see and only 35 days of precipitation annually. It's a sprawling Garden of Eden, with pockets of paradise connected by an interweaving series of free-ways. Think year-round sun tans,

flip-flops and driving the convertible with the top down.

So why, when such natural beauty surrounds it, does Hollywood seem obsessed with stories about the end of the world? Could it be it's because they live above the San Andreas Fault, an inner earth rupture that issues occasional rumblings that threaten to drop much of Southern California into the Pacific Ocean? Perhaps it's because it's the home of Kim, Kourtney and Khloé, an alliterative television family who seem to be a harbinger for the dissolution of society.

Whatever the reason, in movie after movie Hollywood hands us terrifying visions of what the world will look like when the Kardashians are done with it.

This weekend 10 Cloverfield

MOVIE RATINGS by Richard Crouse

10 Cloverfield Lane ★★★★★
The Little Prince ★★★★★
Born to be Blue ★★★

HOW RATING WORKS
★★★★★ SEE IT
★★★★ WORTHWHILE
★★★ UP TO YOU
★★ SKIP IT

Lane, which producer J.J. Abrams calls a "blood relative" but not a sequel to his 2008 monster flick *Cloverfield*, sees Michelle (Mary Elizabeth Winstead) trapped in an underground bunker with a sinister survivalist played by John Goodman. Outside, he says, an attack is about to leave the world uninhabitable. "Something's coming," he hisses.

What exactly is happening outside the bunker's walls is un-

clear. Whether it's nuclear fallout, an unexpected ice age or a zombie holocaust that brings about the end, the post apocalyptic feel of 10 Cloverfield Lane is just the latest attempt by the film biz to tap into the world's general feeling of unease.

In 1959 bright and sunshiny Hollywood offered up a scary story that set the date for the end of the world just after World War III in 1964. In *On the Beach*,

nuclear war has destroyed all life on the planet save for a small enclave in Australia, but even they will succumb once the radiation clouds drift by. As doomsday dramas go this one is particularly depressing — for example people gobble up "suicide pills" — but its Cold War commentary led one writer to label it "the most important film of our time."

Not all end-of-the-world scenarios are as grim as that, however. Seeking a Friend for the End of the World's set up sounds bleak but it's actually amusing and inventive.

Three weeks before a giant asteroid is scheduled to collide with earth, Dodge (Steve Carell) and his flaky downstairs neighbour (Keira Knightley) head out of town, looking for meaning in

a world that soon won't exist. It's a low-key movie that could have been a broad comedy, but instead chooses for a more modest, heartfelt approach.

Sometimes the end of the world is appealing; cute even. *WALL-E*, the story of a lonely, but adorable, robot who inadvertently gives humankind a second chance, is aimed at kids but doesn't look like any other kid's movie you've seen. Don't expect the same old from Pixar. It's ambitious and beautiful like 2001: A Space Odyssey for children.

With such a range of dystopian stories to mine it seems sunny Hollywood just might produce dark visions of our planet until the end of the world comes for real.

THE TV DINNER JESSICA ALLEN



I made two pots of soup and cleaned my kitchen in just under five hours on Sunday afternoon. I could've done it in two but I was simultaneously watching six episodes of *House of Cards*.

Blame Netflix, who released the political drama's complete fourth season on March 4, just in time for weekend binge-watching. I came out on the other side with white bean, sausage and swiss chard soup plus a black bean purée.

The plot picks up right where things left off: First Lady Claire (Robin Wright) has left her husband, president Francis "Frank" Underwood (Kevin Spacey). This time around, POTUS AND FLOTUS's

'You're a beggar, on your knees, and you will take whatever we shove down your throat.' Which was pretty much my approach to Sunday's soups.

biggest threats are each other. It's like they forgot that they're better when they work together.

I know the feeling: After we first watched *House of Cards* back in 2013, Simon joked that he was going to get a rowing machine, just like Frank's. It was a joke because, and God bless him, he's not what I'd call athletically inclined. Flash forward to January 2016: after coming home from a week-long work trip, I lugged my bag upstairs to unpack. There, in the middle of the bedroom, was a rowing machine he'd purchased from Amazon

while I was away. Who is this person I've been living with for 12 years? I thought.

Simon explained: "You know how the only clothes you care about are leisure and sleepwear and I'm supportive? Well, my fashion goal for this year is simply to look incredible in jeans and a T-shirt. These abs aren't going to tone themselves."

I didn't have the heart to tell him that the rowing machine wasn't the quickest way to a six pack. But he was right about my obsessions with sleepwear. In a matter of minutes I had gone from won-

dering who he was, to asking: Who am I?

Claire is also in the middle of an existential crisis, despite always looking flawless. I fixate on her pyjamas. Whether it's a crisp, white cotton night shirt or a two-piece set in black silk, her bedtime attire is extraordinary.

But there's never any flannel: all the better because if Claire Underwood warmed up, who would she be? Not the Machiavellian, cold-hearted, complicated bitch who's become one of the most engaging characters on TV. Even the (fictional) Russian

president is no match for her: "I'm done letting you have your dignity," she tells him. "The truth is, you're a beggar, on your knees, and you will take whatever we shove down your throat."

Which was pretty much my approach to Sunday's soups. I wasn't following recipes for either: I just took those raw ingredients, plus some canned stuff, and I turned them into comestibles so tasty that you'd beg me for seconds.

Unfortunately they both looked like barf so there is no photo documentation to prove that they exist. If I were Frank Underwood, I'd turn to the camera right now and drawl "You'll just have to trust me."



Ethan Hawke, who plays trumpet player Chet Baker in the new biography *Born to Be Blue*, says artists are able to turn suffering into something beautiful and relatable. CONTRIBUTED

'Self-destruction is a real enemy'

BORN TO BE BLUE

Ethan Hawke stars as tragic musician Chet Baker in biopic

Richard Crouse
For Metro Canada



In *Born to Be Blue*, a stylish new biopic about the turbulent life of My Funny Valentine trumpeter Chet Baker, Miles Davis tells the horn player, "You haven't lived enough" to be a great musician.

When I ask Hawke if great art can be created without life experience, he says, "My take is that there are no rules, but you don't become Nelson Mandela without suffering. There is a huge myth around Mozart that he was just divinely inspired. In

truth, he worked really hard. He was obsessed with music from a very young age.

"You could make the case that Michael Jackson suffered immensely and that is part of what drove him. I think the service of the artistic community is to translate our lives back to us and hopefully to lend some understanding. You need to participate in life and feel life to be able to do that. But you know lots of people suffer without a gift or talent to translate it into a beautiful painting."

Baker took Davis's comment to heart and set off on a lifelong self-destructive bender that saw him fall into drug addiction, even pawning his instruments to support his drug habit.

"In the arts, self destruction is a real enemy," Hawke says. "If you eliminate self-destruction, if you get out of your own way, give yourself permission to have respect for yourself and treat

yourself like someone that you love, your chances of success quadruple. That's really hard.

"It sounds so simple. The documentary I made [Seymour: An Introduction] is all about how hard that is. The joys of life are actually really simple. We think they are going to be, 'Oh I'll be happy if this, that and the other thing [happen]'. In truth it is pretty awesome that the sun comes up and if you stay focussed on that, things go OK. As soon as you take your eye off that, life gets really weird and tricky."

Hawke shares Baker's rough-hewn good looks and does a convincing job of imitating the fragile beauty of his singing voice. More importantly he apes the addict's temperament. Charming one minute, petulant and or incoherent the next, he plays Baker as a talented train wreck; a man whose tragic life experience fed his art. Unsure

which of his proclivities are his angels and which are his devils, he's a conflicted guy who tries to do well by those around him but often fails. Hawke may resemble the musician but the similarity is only physical. He is comfortable in his skin in a way Baker never dreamed of.

"It's strange, I'm turning 45 this year," he says, "and I have been professionally acting for 30 years. When I was young I was really afraid that I wouldn't get to do it. That was a big part of my identity as a young person. Even if a movie did well, I would think, 'Is it over? Will I ever get to do it again?' It's how I imagine baseball players and professional athletes feel. Do they ever really know when their last game is?"

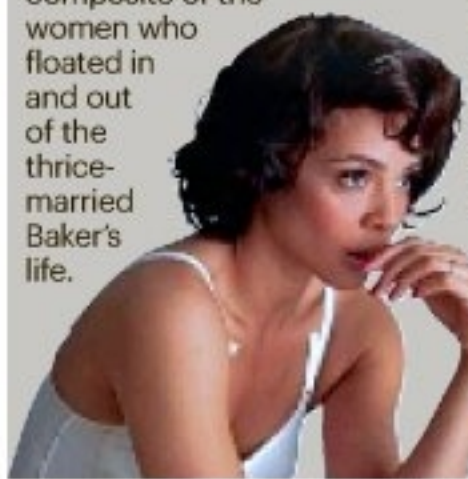
"With acting, I'm working on my *King Lear* now. I'll be able to do this until I am old and no use to people anymore. In athletics, it's not that way."

SUPPORTING ROLE

Playing the patient lover

Carmen Ejogo plays Jane, an actress and love interest who becomes the fulcrum of Baker's recovery, weathering his anger and occasional relapses with impossible patience.

In actual fact, Jane never existed, and is instead a composite of the women who floated in and out of the thrice-married Baker's life.



"There was absolute liberty to do what I wanted on this," said Ejogo, who was more bound to historical accuracy when she portrayed Coretta Scott King in *Selma*.

"He was a bit of a (expletive) when it came to women. I mean, he really was quite abusive and he really expected them to bend to his whims, and I've just heard some crazy horror stories — cornering girlfriends in bathrooms and forcing them to inject. Really horrific, awful stuff, and we don't go that far with this film."

"But I think to reveal the darker side of any mythological legendary heroic type is the most interesting space to explore," she added. THE CANADIAN PRESS

Weeknights at 6:30amish counts down the HOTTEST songs of the day.

SIX@6 LAST NIGHT:

- 6 Tony Lavez Say It
- 5 Mike Posner I Took A Pill In Ibiza
- 4 Alessia Cara Wild Things
- 3 G-Eazy ft Bebe Rexha Me, Myself and I
- 2 Zayn Pillow Talk
- 1 Rihanna ft Drake Work

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ONGOING COMMITMENT

National Film Board vows gender parity

The National Film Board of Canada says at least half of its productions will be directed by women within three years.

And NFB head Claude Joli-Coeur says female directors will get half of the board's production budget by 2019.

Joli-Coeur vowed to usher in complete gender parity while speaking at the Vancouver International Women in Film Festival earlier this week. He says he hopes the NFB can "lead the way for the industry as a whole."

Half of this year's spending already goes to projects with

female directors, but Joli-Coeur notes that can fluctuate from year to year.

The federal agency boasts a strong stable of female filmmakers: Sarah Polley's intensely personal feature *Stories We Tell* is considered the NFB's most popular theatrical documentary of all time, while Torill Kove is an Oscar-winner for her animated short *The Danish Poet*, and documentary maker Mina Shum is riding acclaim for her latest feature, *Ninth Floor*.

"There have been good years and lean years for women's filmmaking at the NFB. No

more," Joli-Coeur added in a release issued Tuesday.

"Today, I'm making a firm, ongoing commitment to full gender parity, which I hope will help to lead the way for the industry as a whole."

Female-directed projects in the works include Kove's next animated short, *Threads*; Zayne Akyol's *Terre de Roses*; Mon Nom Est Gulistan; Marie Clements's *The Road Forward*; Ann Marie Fleming's feature animation *Window Horses*; Tiffany Hsiung's *The Apology*; and Anjali Nayar's *Gun Runners*.

THE CANADIAN PRESS



Canadian filmmaker Torill Kove poses with her Oscar for *The Danish Poet*.

THE ASSOCIATED PRESS

Sophie's dress choice more than a dream for designer

FASHION

Lucian Matis piece worn for debut at the White House



Jessica Smith Cross
Metro | Toronto

The dress Sophie Grégoire-Trudeau chose for her official arrival at the White House was kept secret, unknown even to the designer who created it.

"When it comes to the government, everything's very hush-hush," said Lucian Matis, the Toronto designer who created the red and pink dress Grégoire-Trudeau wore on her state visit to the U.S. on Thursday.

It came as a surprise to him. "This morning I got all these texts, social media started and then TV stations started calling," he said. "It's been a tremendous response, and it's quite overwhelming."

Six weeks ago, Matis received a call from Grégoire-Trudeau's stylist, Jessica Mulroney, requesting several dresses for the Prime Minister's wife to try on. He fitted her for several, leaving her with many options and not knowing if she'd wear any.

But the dress, splashed with a silk appliqué of hand-painted orchids, stood out at the time.

"It's interesting, she was telling me about how she rarely wears crew neck, but because the dress is so fitted it still has enough sex appeal — that it's not too revealing and is appropriate for the occasion," Matis said.



Sophie Grégoire-Trudeau and First Lady Michelle Obama share a laugh during a ceremony at the White House on Thursday. OLIVIER DOULIERY/GETTY IMAGES

Grégoire-Trudeau was a model client, Matis said.

"I didn't expect for her to be even more beautiful in person than she is photographed, surprisingly that's even possible," he said. "And she is very down to earth and very knowledgeable of fashion and her style."

The dress ended up as a perfect choice, he said.

"The red stood out beautifully against the background of people she was surrounded by because most people wore black or darker colours," he said.

"And it's a Canadian colour, our flag's colour, which is wonderful."

Matis said the dress is part of his 2016 Spring/Summer collection but because he was caught by surprise he's not entirely sure which retailers are carrying it.

"I never dreamt that the first lady of Canada would be wearing it at the White House," he said. "I was quite, quite shocked."

As of late Thursday afternoon, Matis had no idea what Grégoire-Trudeau would wear to the state dinner. "I don't know," he said. "Maybe one of ours, but maybe another Canadian designer."

"I never dreamt that the first lady of Canada would be wearing it at the White House. I was quite, quite shocked."



Lucian Matis

Turns out, she chose a cap-sleeved embroidered purple dress by Lucian Matis.

POLITICS

Grégoire-Trudeau's D.C. splash

It isn't easy being first lady. Michelle Obama is expected to be gracious but whip-smart, a good public speaker but not too opinionated, a tastemaker and fashion icon but humble and down-to-earth.

Canada doesn't have anything quite like the Office of the First Lady of the United States, which has its own duties and gendered contradictions. Our political wives tend to take a back seat, appearing on television rarely and in tabloids hardly ever.

But on Wednesday, when Sophie Grégoire-Trudeau touched down at Andrews Air Force Base, it was clear she had arrived not only in D.C., but as a political

celebrity in her own right.

"I think she will probably garner more press as the wife of a prime minister than any others in my lifetime," said Rosemary Sexton, a former society columnist.

Surrounded by her children and greeted by Canadian-flag-waving fans, Grégoire-Trudeau positively glowed on the tarmac.

When Grégoire-Trudeau arrived this morning for the official welcome ceremony at the White House, looking resplendent in a Lucian Matis outfit, she was affectionately greeted with the prime minister by the Obamas and those in attendance.

"We have been so warmly wel-

comed. It's been a blessing," she said, with Obama at her side.

On Thursday, Grégoire-Trudeau attended a "spousal program" with Michelle Obama in honour of girls' education around the world, an issue that is close to Grégoire-Trudeau's heart.

"You be fearless... You know your rights... You fight for your rights," she said, speaking directly to young women around the world.

"Young people are the leaders of now."

Sexton praised Grégoire-Trudeau's outspokenness, and said it will win her many fans both in Canada and the U.S.

TORSTAR NEWS SERVICE



Sophie Grégoire-Trudeau holds her son Hadrien while she greets students from D.C.'s Patterson Elementary School on Wednesday. CLIFF OWEN/THE ASSOCIATED PRESS

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Party with Hardwell in Los Cabos

MEXICO

Or, if you just wanna chill, take in some surf and sand

Loren Christie
For Metro Canada



Los Cabos has its sexy back.

After being decimated by Hurricane Odile in September of 2014, this popular tourist area at the southernmost tip of Mexico's Baja Peninsula has reclaimed its status as the go-to destination for Hollywood A-listers, party goers and sun seekers happy to bask in the region's 350 days of average annual sunshine.

The sister cities of Cabo San Lucas and San José del Cabo and the 32-kilometre stretch of beaches and luxury resorts connecting the two make up the heart of the region.

Cabo San Lucas has the buzz, offering numerous water activities from SUP yoga to whale watching.

The bars and clubs were humming on the nights we were there and for those who prefer a quieter option there are a number of outstanding restaurants to choose from.

Our cliff side dinner under the moonlight at El Farallon was a highlight.

San José del Cabo is a quiet, more traditional Mexican town.

The Art Walk, held every



Orange Veuve Clicquot stations are the only things that break up the crisp white of the pool-side area. ALL PHOTOS PETER REMUS

Thursday evening between November and June is a great time to explore.

You can check out local art as you wander through the historic gallery district.

Pop into one of the higher end galleries where they give you a shot of tequila to help you drink in the art.

The recently re-opened 170 room ME Cabo is a shining example of the region's new and improved swagger.

While the renovated guestrooms and a new Peruvian dining experience are impressive, it is the revamped pool area that is truly the heartbeat of the hotel.

Pure white poolside furniture, including solid plastic wingback armchairs, gives it a crisp modern feel.

The splashes of orange that caught my eye when I first arrived turned out to be Veuve Clicquot branded champagne

buckets, conveniently placed within arms' reach of the chaise lounges.

A DJ booth on the upper level of the swim-up pool bar sets the tone for the day playing a specially curated music soundtrack that follows the sun, light and peppy for your morning coffee in the Beach Club and amped up party remixes in the heat of the afternoon.

Guest DJs, including the

likes of Hardwell and David Guetta, can turn a Saturday at the ME pool into Cabo's "It" destination.

Although I enjoyed the pool party vibe I am, at heart, more of a beach bum.

A week of surf and sand from the comfort of one of ME's private cabanas with a postcard view of Land's End, Cabo's famous rocky promontory, was how I got my groove back.



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Tom Brady's two-year extension with the Pats will give him a \$28-million signing bonus and adds \$41 million to his deal should he play it out

Hurricanes hang on for 'hard-fought' win

NBL CANADA

Rival Mill Rats forced to jump ship in Halifax



Kristen Lipscombe
Metro | Halifax

The Halifax Hurricanes had the Saint John Mill Rats scurrying to score some last-minute points Thursday night, but the scoreboard read 112-101 for the home team by the time the final buzzer sounded, much to the delight of most 1,917 spectators inside the Scotiabank Centre.

It was only the second time the Canes have come out on top against the Rats so far this season. They also squeaked by 125-121 against their Atlantic Division rivals on Jan. 3.

The Hurricanes improve to 16-7 on the regular season, keeping them in first place on the Atlantic side, with the Mill Rats trailing in second with a 14-9 record. The London Lightning lead the Central Division of National Basketball League of Canada action with 17 wins and eight losses.

"It feels good," six-foot-10, 229-pound Hurricanes centre Kyle Hunt said after his team's second win in seven meetings against their toughest competition on the court.



Hurricanes guard Cliff Clinkscales passes the ball under pressure from Saint John centre Ricky Volcy on Thursday night at Scotiabank Centre. JEFF HARPER/METRO

ROAD AHEAD

The Halifax Hurricanes head out on a three-game road trip to Ontario, starting with a match-up March 16 against the Niagara River Lions. They'll be back on home court March 24 to face the Saint John Mill Rats once again.

"It was a hard-fought victory," said the 26-year-old Queens, N.Y., native, who contributed 15 points to the win.

"We've been going hard in practice, preparing for these guys, and I'm very happy about

the outcome."

It didn't come easy for the Canes, but a strong start helped keep them on track, as they took a 27-20 lead after the first quarter and were up 51-43 at halftime. The Mill Rats outscored them 32-29 in the third quarter, making for an intense fourth quarter that had fans on the edges of their seats.

With just 8:17 left on the clock, the Mill Rats managed to narrow the gap to within a single point, the score at 87-86, but the Canes pulled further ahead with two good shots from the line from forward Mike Glover followed by a quick three-pointer from guard Justin Johnson.

Johnson led the Hurricanes

with 23 points, while guard Shane Gibson put up 20 points. Guard Cliff Clinkscales added 18 points of his own, sinking two of three shots from beyond the arc.

"They've been our road block all year long," six-foot-one, 185-pound Clinkscales said after the big win. "They've kind of had our number."

Saint John has several solid shooters up front, Clinkscales pointed out, which means the Canes have to step up their defensive efforts.

"I think we almost played a good 48 minutes, for the first time all year," the 31-year-old from Queens, N.Y. said. "Tonight was close to that."

WORLD JUNIOR CURLING CHAMPIONSHIPS

Nova Scotian keeps perfect record alive

Canada remained undefeated and clinched a top spot in the women's round-robin Thursday with a pair of wins at the world junior curling championships.

Skip Mary Fay of Chester, N.S., opened the day with a 9-4 win over previously unbeaten South Korea, breaking a close game open with three points in the sixth end in Taarnby, Denmark.

Canada ended the day by improving to 8-0 with a close 7-6 win over Japan, which made it a close game with steals of one in the final three ends.

South Korea and the United States, both at 6-2, will join Canada in the playoffs with one spot still up for grabs.



Chester's Mary Fay
GETTY IMAGES

In men's competition, Matt Dunstone's Winnipeg rink scored four in the first and fifth ends in a 10-2 rout of Turkey.

It was the third win in a row for the Canadian men, who improved to 5-2 and sat tied for third place with Switzerland.

Scotland and the United States lead the men's table at 6-1.

Round-robin play concludes Friday with two men's draws and one women's draw.

THE CANADIAN PRESS

IN BRIEF

Subban hurt in Habs win

Alex Galchenyuk scored twice as the Montreal Canadiens beat the Buffalo Sabres 3-2 on Thursday night for a second consecutive win, but lost defenceman P.K. Subban along the way.

The game was delayed in the last minutes as Subban was stretchered off.

Subban was injured when teammate Alexei Emelin ran into him, knocking him on the side of the head with his back side while retrieving the puck in Montreal's corner.

Montreal's star defenceman spent eight minutes down motionless on the ice as the team's trainers and doctors tended to him.

THE CANADIAN PRESS

X-citement at St. FX

X marks the spot in Atlantic University Sport men's hockey.

The St. Francis Xavier X-Men defeated defending champions the UNB Varsity Reds 5-3 on Wednesday night in Antigonish to claim the best-of-three conference final series and the 2016 AUS championship banner.

The X-Men also edged the Varsity Reds 3-2 on Monday night in Fredericton, after beating the Saint Mary's Huskies in the best-of-five semifinal series to advance to the finals.

KRISTEN LIPSCOMBE/METRO



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IN BRIEF

Tennis racket company stands by Sharapova

Maria Sharapova's racket supplier became the first main sponsor to publicly back the five-time Grand Slam champion after she admitted to failing a doping test.

Austria-based company Head announced Thursday it was planning to extend its sponsorship deal with Sharapova.

THE ASSOCIATED PRESS

Qualifiers rewarded with matchups vs. Williamses

Qualifiers Laura Siegemund of Germany and Kurumi Nara of Japan set up matches against the Williams sisters with first-round victories Wednesday in the BNP Paribas Open.

On Friday, Siegemund will face top-ranked Serena Williams, and Nara will play 10th-seeded Venus Williams. THE ASSOCIATED PRESS

Liverpool blanks Man United

Liverpool outclassed Manchester United but relied on two defensive blunders to win 2-0 in a high-profile all-English match in the Europa League last 16 on Thursday.

Daniel Sturridge — from a penalty — and Roberto Firmino scored to make Liverpool a strong favourite to advance after next week's return leg. THE ASSOCIATED PRESS

Bosh hopes to return to Heat after blood-clot scare

Chris Bosh's latest blood-clot scare is over. His quest to rejoin the Miami Heat playoff push is not.

Bosh released a statement Thursday announcing he does not currently have deep vein thrombosis and that he remains hopeful of getting back on the court with the Heat at some point this season. THE ASSOCIATED PRESS

Clash for Clarkson Cup

WOMEN'S HOCKEY

Canadiennes, Inferno meet in title game

The 2016 Clarkson Cup is more Super Bowl than Frozen Four.

The Montreal Canadiennes and Calgary Inferno square off Sunday afternoon at Canadian Tire Centre in Ottawa in a one-game, winner-takes-the-Cup championship.

The Clarkson Cup was a four-team tournament since its inception in 2009 and resembled the NCAA's Frozen Four.

There are several reasons for changing the format of the Canadian Women's Hockey League's showcase event, according to commissioner Brenda Andress. Maximizing available time slots both on television and in an NHL arena are two of them.

"The timing of it on a Sunday, it's good for TV viewership for



Canadiennes goaltender Charline Labonte stops the Inferno's Jillian Saulnier during CWHL action in February.

DAVE HOLLAND/CALGARY INFERNO/THE CANADIAN PRESS

sure," Inferno captain Brianne Jenner said. "To see the Ottawa Senators offer up their rink for the Clarkson Cup is another step in the right direction."

The semifinal games, once part of the Clarkson Cup tournament, were turned into separate best-of-three playoff series

Feb. 26-27.

The Canadiennes (21-3) and Inferno (16-8) finished first and second respectively in the regular season. They had home-ice advantage in sweeping the Toronto Furies and Brampton Thunder in two straight.

The Canadiennes were 4-2

+ FRIENDS/FOES

The Inferno lineup includes nine players named to the Canadian roster for the upcoming women's world hockey championship in Kamloops, B.C., with Hayley Wickenheiser, Meghan Mikkelson, Halifax's Jillian Saulnier and Blayre Turnbull of Stellarton among them.

The Canadiennes will ice three, including Canadian team captain Marie-Philip Poulin.

versus the Inferno during the regular season.

"Both teams play with a lot of speed and a lot of offence," said the Canadiennes' Julie Chu. "I think we're going to see a lot of that, especially the transition game is going to be huge."

THE CANADIAN PRESS

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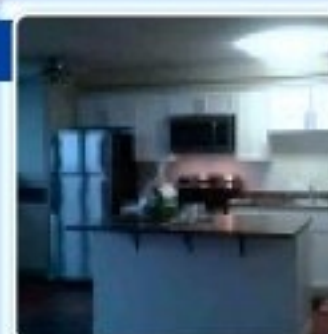
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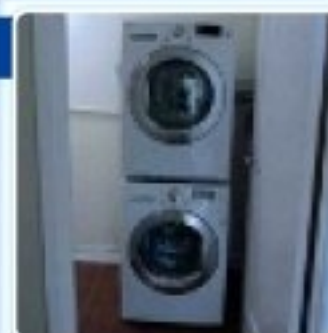
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RECIPE Coconut French Toast



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

You could get organized for a leisurely breakfast. Or, you could remind yourself that you're an adult and if you want to have French toast for dinner on a Friday night, you darn well can.

Ready in
Prep time: 10 minutes
Total time: 20 minutes
Serves 4

Ingredients

- 1/2 cup shredded coconut
- 1 cup coconut milk
- 3 eggs
- 1 Tbsp sugar
- 1/2 tsp cinnamon
- Pinch salt
- 8 thick slices of thick bread
- Pat of butter for cooking

Directions

1. Preheat oven to 350 F.
2. Sprinkle the shredded coconut on a baking sheet and place in the oven for about 10 minutes, stirring once, until the coconut just begins to brown. Remove and set aside.
3. In a shallow bowl, whisk together coconut milk, eggs, sugar, cinnamon and salt until everything is well combined.
4. Dip your bread into the egg mixture and allow it sit for a couple of minutes on each side to really drink it in.
5. In a large skillet, melt the butter over medium heat then lay down your soaked bread. Allow each side to cook until golden brown, about 3 to 5 minutes each side.
6. Repeat with the second batch. Serve with a sprinkling of toasted coconut and maple syrup.

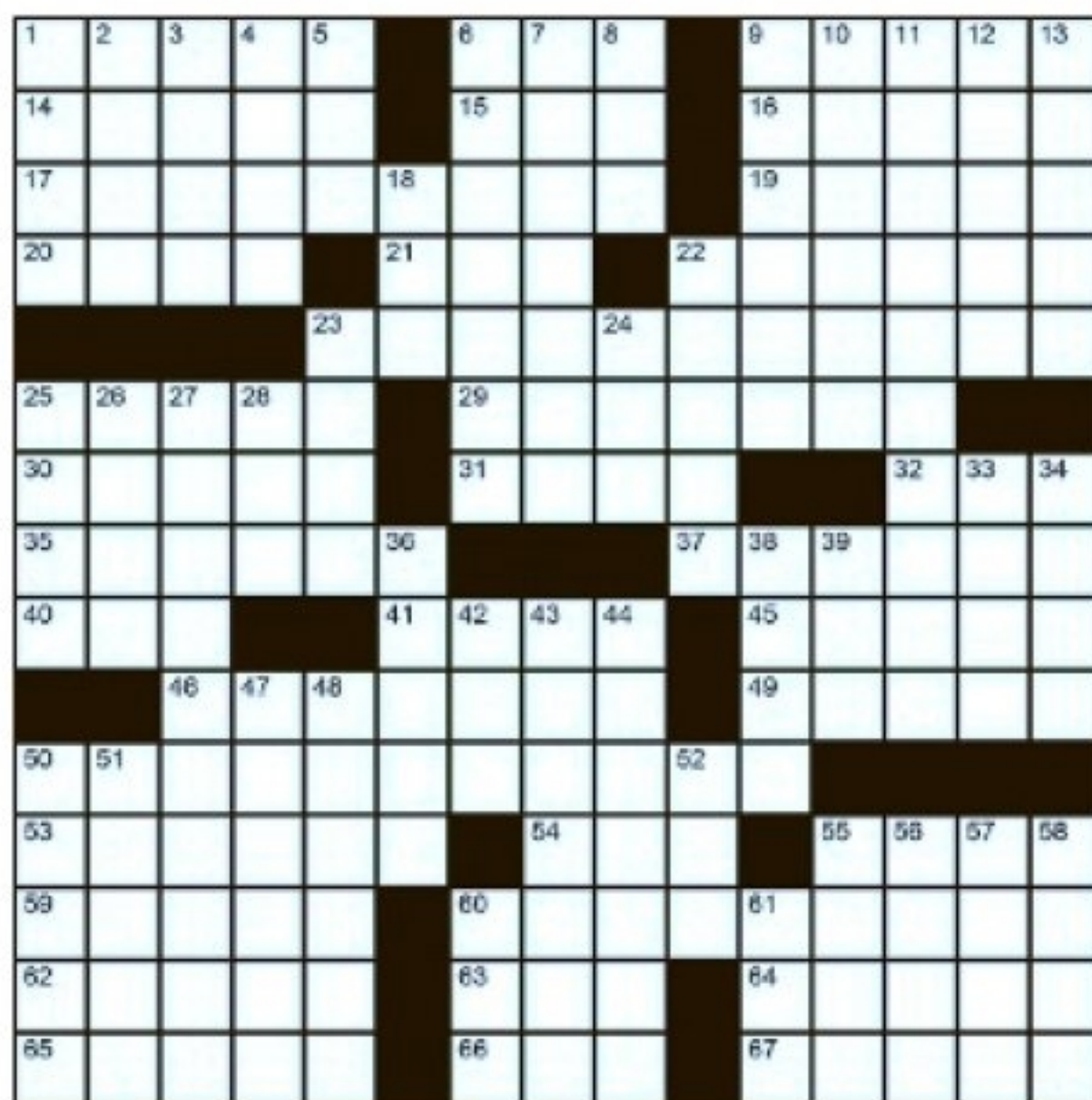
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Full range
6. Reporter's need
9. Financial investments for the future, commonly
14. England: The O2, for one, in London
15. 'Ear'-meaning prefix
16. Other, in Outremont
17. Things to fasten in the car
19. Hair accessory
20. Gloriette
21. Un-truth
22. Comparably lengthy: 2 wds.
23. "The Red Green Show" hang-out: 2 wds.
25. Steve Miller Band's "The _"
29. _ _ _ _ Channel (Canadian network delivering around-the-clock headlines)
30. Country rocker Steve
31. Golfing great Mr. Aoki
32. Hebrides hat
35. "The Ren & _ Show" (Cartoon created by #27-Down)
37. Ground sesame paste
40. Canada's buy-from-home network
41. Dwindles
45. Strikes of lightning
46. Eat healthy and exercise ...do this as a result: 2 wds.
49. Comic actor Eric's



50. Quilted gift of honour in Plains cultures: 2 wds.
53. "Oh, well, I'll manage": 2 wds.
54. Faint
55. Conserve
59. _ _ _ Cologne
60. Airport-to-limo-to-estate-to-yacht sort

62. Industrial hub in the Ruhr
63. Supper-time scrap
64. Global Warming treaty city in Japan
65. Mixes
66. 'Heir' suffix
67. Montreal's old baseball team

DOWN

1. Large cut
2. "Diamonds _ _ Girl's Best Friend"
3. Dish
4. Posh preposition
5. Diet soft drink
6. College major, commonly: 2 wds.
7. Bears witness
8. Lively parties
9. Compete in the WWE, colloquially
10. Be short on supplies: 2 wds.
11. What time did for that seeming eternity: 2 wds.
12. Time
13. Swamp plant

18. Fitting-here British gr.
22. "I _ _ the least bit surprised."
23. Get set
24. Lettered sun ray
25. Witticism
26. The Quaker _ Company
27. The 'K.' of Canadian animator John K.'s name
28. Tree type
33. Status quo _ (The way things existed before, in Latin)
34. Leave out
36. Shouts!
38. Somewhat: 2 wds.
39. Load-of-bricks holder
42. Gallery director's deg., perhaps
43. 3-ringed school supplies
44. Caribbean resort isl. near Nevis: 2 wds.
47. Wind, water or ice ...to rock over time
48. "The Beverly Hillbillies" star Buddy's
50. Daggers
51. Browned bread
52. Letters to follow Ells
55. "Mr. Roboto" band
56. On
57. Quash
58. Cupid's Greek counterpart
60. Mr. Pesci
61. Also, archaically

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
If you want to be successful you must be consistent. You may want to change things around but you must either move in a new direction and stay moving in that direction, or resist the temptation altogether.

Taurus April 21 - May 21
Are you dissatisfied with your lot? Are your talents being wasted? If so, do something about it. That means now, not tomorrow or the day after. And it means something real, not just another daydream.

Gemini May 22 - June 21
You must push your own needs and desires aside and do what you can to help those who, for whatever reason, are incapable of helping themselves.

Cancer June 22 - July 23
Something you see or hear will get you thinking along new lines and there's no telling in which direction your thoughts will take you. It's time to leave your comfort zone. There's a whole world out there waiting.

Leo July 24 - Aug. 23
Any doubts you may have about a money matter will be swept aside. Cosmic activity in the wealth area of your chart suggests that if you take a risk it will pay off big time.

Virgo Aug. 24 - Sept. 23
Friends can only help you so much — you must have the courage to follow your star. Jupiter in your sign indicates wild success but the day-to-day effort must come from you.

Libra Sept. 24 - Oct. 23
Others may counsel caution but if you listen to all those who have something negative to say you would never get much done. Despite their misgivings the world is not all bad.

Scorpio Oct. 24 - Nov. 22
Sit back, relax and let fate guide you. You may have big ambitions but you don't have to hammer away at them each and every day. Even a Scorpio needs some down time. You certainly will need it today.

Sagittarius Nov. 23 - Dec. 21
It's time to get serious about what you want to accomplish. Never doubt that you have something to offer. You're a Sagittarius — you were born to make a difference.

Capricorn Dec. 22 - Jan. 20
You will eventually get the chance to rise in your work or career, but it will happen sooner if you get in the habit of believing that you deserve to be a leader rather than a follower. Take advantage of new opportunities.

Aquarius Jan. 21 - Feb. 19
You're worrying too much about planning. Once the ball starts rolling most problems will take care of themselves. And don't try to do it all on your own. There's always someone you can turn to.

Pisces Feb. 20 - March 20
Certain people are trying to keep you out of the information loop but today will reveal why they found it hard to confide in you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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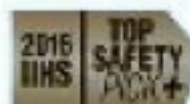
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